

"Dear Chairman Rocca and Regulatory Reform Committee Members,

Good Afternoon. I am here today because I am a consumer of the support and knowledge of a Nutrition Specialist. I am here today because we have a problem in this state with childhood and adult obesity, diabetes, and many, MANY, other illnesses. I am here today because our food is grown in soil and with seeds that are toxic to our bodies. I am here today because the people of the state of Michigan need as many nutritionists as possible to help them learn how to be healthy. I am here today to tell you why and encourage you to repeal HB 4688 and vote YES on HB 4688.

Like you, I have encountered minor health issues over the years. I perceive myself as a very healthy and vibrant 62 years young woman. In 1985 I added acupuncture my health care strategies and wouldn't be without it; nor would my 26 year old daughter. After my pregnancy and gaining 50 lbs I joined Weight Watchers and lost over 30 lbs. only to gain it back over the year. I felt I was eating well. Recently I attended a presentation on sugar addiction at one of our local health food stores, and met a nutritionist who has dedicated her life to helping people BE healthy and live vibrant and fulfilling lives. She's NOT joking either! As a testimony, I have participated in many self-help programs throughout my life and this nutritionist, and have a considerable palette to compare her to. She is exceptionally well educated and knows her stuff. I would confidently recommend her to you and anyone else. In FACT, the recipes that she shares in her program is helping a good friend of mine with stage 4 lung cancer. As he read the recipes, he embraced them and is feeling much better. Why? Because his body is getting the nutrition it needs to heal. After beginning on her sugar detox program I experienced energy I haven't felt in 14 years. Just as an example, I unloaded three truckloads of compost for my 40x40 ft garden, spread it, and planted it in 80 degree temperatures.... Last year I couldn't have done that. In fact, last year I didn't because I just didn't have the energy to do all of the work. If you do not repeal HB 4688, this nutritionist, and many like her, who are making such a big difference educating people to have healthy and vibrant lives, will not be able to legally continue their career.

Certified Nutrition Specialists are needed over and beyond the way in which they are used now! They are HIGHLY underused! I repeat because this is important, Certified Nutrition Specialists ARE HIGHLY UNDERUSED! WE NEED MORE OF THEM, not less!!!! As I mentioned in my opening comments, childhood and adult obesity and diabetes, in addition to other illnesses, are WAYayayayayayayay out of control and people need help. Wouldn't you like to consult with a nutrition specialist to feel like you have more energy; to feel vital and alive? I do and I did! I'd be happy to refer you.

Way too many children and adults do NOT know how to shop and prepare a meal. If the family doesn't, teach children how to shop and prepare food, they don't learn. Adults and children resort to microwave food, fast food, or the corner convenience store for their nutrition. Healthy nutrition needs to be taught to people from birth to the end of life. Home Economic classes have been dropped from education in the name of technology. This IS a crime. Physical Education and Health classes have been dropped from schools in the name of technology. THIS also is a crime. By not repealing HB 4688 you will destroy any hopeful possibility of a healthier state and society by giving too much attention to eliminating all of the nutrition specialist and Certified Nutrition Specialist from their practice.

When it becomes a life style for people to shop and prepare whole foods again, like our grandparents and great grandparents did; so that our body can function healthy and optimally; and

we will have a healthier state and planet, THEN nutritionist may not be needed. Our bodies are a complex machine, or a holy temple, if you prefer, that not even a doctor can fully know what it needs. Certified Nutrition Specialist DO! THIS is why you must repeal HB 4688.

Thank you for listening; your time; your wisdom; and your vote for repeal of HB 4688.

Sincerely,

Lora Bruder

5400 Zimmer Rd

Williamston, MI 48895